

Lower School

with Ms. Julia

	Monday	Tuesday	Wednesday	Thursday	Friday
8:45 - 8:50	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation
8:50 - 9:30	Main Lesson	Main Lesson	Main Lesson	Main Lesson	Main Lesson
9:30 - 9:45	Break	Break	Break	Break	Break
9:45 - 10:15	Morning Circle	Morning Circle	Morning Circle	Morning Circle	Morning Circle
10:15 - 11:05	Snack	Snack	Snack	Snack	Snack
11:05 - 11:45	Main Activity: Handwork	Main Activity: Watercolor	Main Activity: Bread Baking	Main Activity: Soup Making	Main Activity: Movement & Rhythm
11:45 - 1:45	Lunch & Outdoor Play	Lunch & Outdoor Play	Lunch & Outdoor Play	Lunch & Outdoor Play	Lunch & Outdoor Play
1:45 - 2:45	Storytime	Storytime	Storytime	Storytime	Storytime
2:45 - 3:00	Transition to Snack	Transition to Snack	Transition to Snack	Transition to Snack	Transition to Snack
3:00 - 3:15	Afternoon Snack/ Social Time	Afternoon Snack/ Social Time	Afternoon Snack/ Social Time	Afternoon Snack/ Social Time	Afternoon Snack/ Social Time
3:15 - 3:45	Parent Support Time	Parent Support Time		Parent Support Time	Parent Support Time